
HANDOUT 2-1

JESSIE AND BRIAN

Twenty-two year old Jessie has a younger brother, Brian who is eleven. Because they have no dad, Jessie has always taken a lot of responsibility for Brian, and it was Jessie's idea that Brian start to play hockey. When Brian goes out for hockey, he finds that he is the youngest and smallest boy there. A group of the older players either ignore him, or rough him up and make fun of him. But Brian wants to belong, so he kind of hangs around the older players after practice. One afternoon as he's doing that, the older boys, who are all drinking, hand him the bottle. Feeling them all looking at him, Brian takes a drink. The older boys approve, and within an hour, Brian is very drunk. When he staggers home, Jessie immediately sees that he's been drinking. Perhaps because Jessie himself has worked hard to resolve his substance abuse problems, he is very upset and angry to see his little brother drunk.

HANDOUT 2-2

LIFE DIMENSIONS

- Family:** The family dimensions of your life cover your relationships with your close family members.
- Social:** The social dimensions of your life cover your relationships with friends, colleagues, and members of your community.
- Legal:** The legal dimensions of your life cover your relationship to the law, and your ability to remain in the community.
- Physical:** The physical dimensions of your life cover your health and fitness.
- Psychological:** The psychological dimensions of your life cover your thinking and your moods.
- Work:** The work dimensions of your life cover your ability to get, keep or advance in a job.
- Financial:** The financial dimensions of your life cover your ability to make money, or to use money effectively.

WORKSHEET 2-3A

DECISIONAL BALANCE: WHY DO PEOPLE USE COCAINE?

INSTRUCTIONS

Complete the following decisional balance worksheet. Make sure you concentrate on all the reasons you can think of for all sorts of people — not just for yourself, or others close to you.

Social Life (Effects on relationships with friends and colleagues)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



Decisional Balance: Why do people use cocaine? (continued)

Family Life (Effects on your relationship with your close family members)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



Decisional Balance: Why do people use cocaine? (continued)

Legal (Effects on your relationship to the law, and on your freedom)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



Decisional Balance: Why do people use cocaine? (continued)

Physical (Effects on your health and fitness)			
Short Term		Long Term	
Positive	Negative	Positive	Negative

WORKSHEET 2-3B

DECISIONAL BALANCE: WHY DO PEOPLE USE COCAINE?

Complete the following decisional balance worksheet. Make sure you concentrate on all the reasons you can think of for all sorts of people — not just for yourself, or others close to you.

Psychological Life (Effects on your thinking and your moods)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



Decisional Balance: Why do people use cocaine? (continued)

Work Life (Effects on getting or keeping a job)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



Decisional Balance: Why do people use cocaine? (continued)

Financial Life (Effects on your ability to make money, or use money effectively)			
Short Term		Long Term	
Positive	Negative	Positive	Negative

WORKSHEET 2-4

PAIRS EXERCISE: WHY DO I USE MY DRUG OF CHOICE?

INSTRUCTIONS

At the top of one worksheet, write the name and the first choice drug for Partner A. Partner B should ask questions to help Partner A think in-depth about the various dimensions of why he uses, and to identify the short- and long-term impacts this has.

After both partners have worked together to complete a worksheet for the first drug of choice for Partner A, they should do the same thing for Partner B.

WHY DOES _____ USE _____?

Social Life (Effects on relationships with friends and colleagues)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



My drug of choice (continued)

Family Life (Effects on your relationship with your close family members)			
Short Term		Long Term	
Positive	Negative	Positive	Negative

Legal (Effects on your relationship to the law, and on your freedom)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



My drug of choice (continued)

Physical (Effects on your health and fitness)			
Short Term		Long Term	
Positive	Negative	Positive	Negative

Psychological (Effects on your thinking and your moods)			
Short Term		Long Term	
Positive	Negative	Positive	Negative



My drug of choice (continued)

Work Life (Effects on getting or keeping a job)			
Short Term		Long Term	
Positive	Negative	Positive	Negative

Financial Life (Effects on your ability to make money, or use money effectively)			
Short Term		Long Term	
Positive	Negative	Positive	Negative